

Wellness Newsletter

Special points of interest:

- Open Enrollment is available October 1 - October 31
- Highlights of HealthQuest Rewards Program are on page 2.
- Did you know we offer long term care insurance? See more on page 3.
- Processes to follow when taking a Military Leave of Absence or returning from the absence. See page 3.

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Adjutant General's Department

Volume 1, Issue 1

It's Open Enrollment Time Again!

We are half way through our Open Enrollment month. Remember to go to Self Service to either verify that your coverage information is correct or to make changes before October 31. If you are using Flexible Spending Accounts, HealthyKids, or taking advantage of the Non-Tobacco User's Discount, you need to participate in Open Enrollment.

There are no changes to Plans A & B. Plan C has changes in the pharmacy benefit that aligns the plan closer to the standard drug benefits of Plans A & B. There are also no changes to our dental and vision plans.

Our insurance carriers have had a few changes. Blue Cross is now offering Plan C. Coventry has

purchased Preferred Health Systems and is listed as Coventry/PHS. UnitedHealthCare is being offered instead of UMR to allow access to a broader network of providers..

There are two preferred lab service providers for Plans A & B. Quest is our statewide/nationwide provider, but for those employees who are located near Topeka, Stormont Vail HealthCare/Cotton O'Neil draw sites will be available.

To choose the right coverage, you need to assess your medical needs then choose which plan would best cover those needs. Next, choose a carrier by looking at the provider networks for each carrier to make sure the medical professionals you and your family use

are included and then check out the carriers' websites to see what "extra goodies" they provide.

If you are adding dependents, all documentations need to be in our office by October 31.

Assess Open Enrollment through Self Service at www.kansas.gov/ employee.

If you have any questions, contact your office manager or Marti Stadler at 785-274-1392 or Jo Boswell at 785-274-1391.

Who's Who in Human Resources

Our manager is Stephanie K Burdett. With her knowledge of human resources and ability to streamline processes, she has been able upgrade and modernize our procedures.

Jo Boswell and Marti Stadler are our Administrative/Office Specialists. With their combined backgrounds in human resources, in-

surance, payroll, research and customer service, they have been able to provide quality assistance to our employees statewide.

Leah Babcock is our part time Office Assistant. She has taken on the daunting task of archiving the old terminated files and still manages to maintain the load of daily filing and other projects.

Although we can't give legal or financial advise, we know our state human resource information well and are willing to help in any way we can.

Contact information:

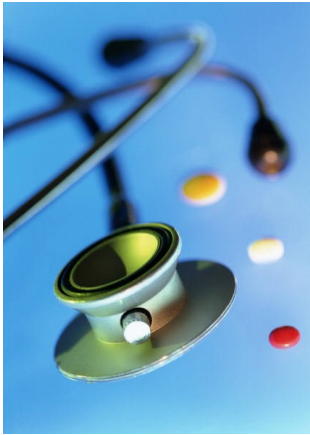
stephanie.k.burdett@us.army.mil

jo.h.boswell@us.army.mil

martha.l.stadler@us.army.mil

Wellness Newsletter

HealthQuest Rewards Program



As many of you heard during Open Enrollment meetings, the non-tobacco user discount has been changed to HealthQuest Rewards Program. We are very excited about the variety of programs that are available to our employees.

For PY2012, designating your non-tobacco use or tobacco use and completing the tobacco cessation program will give you the premium discount. It will also give you 10 credits towards the 20 credits needed for the premium discount

in PY2013.

The one required program each year is the Health Screening & Health Assessment which is worth 10 credits. See the article at the bottom of the page of more information on this program. It is a great way to keep track of your health over the years.

If you choose not to use the tobacco discount for PY2012, you can still earn the 10 credits very easily. For example, having a Well-Person exam is 5 credits and a dental exam is 5 credits.

The credits that had been earned previously on the HealthQuest portal was set to 0 on October 1, 2011, so everyone starts at the same level. You have until July 31, 2012, to earn the 20 credits to get the discount for PY2013.

There is a list of programs and their credit values located at www.kdheks.gov/hcf/healthquest/rewards.html.

HealthQuest Contests

In addition to getting a premium discount, the credits you earn will also enter make you eligible for three drawings.

The first drawing is on November 30, 2011. Anyone who has registered an account on the HealthQuest portal since January 2010 will be entered in the drawing. The portal is located at www.kansashealthquest.com.

The second drawing is on March 31, 2012. Everyone who has earned at least 20 credits will be entered.

The last drawing will be on July 31, 2012. Everyone who has earned at least 20 credits will be entered plus those who have earned more than 20 credits will be entered multiple times.

Employees who have waived cov-

erage, retirees, spouses and dependents (age 18 and older) who are enrolled in the State Employee Health Plan may participate in the programs to earn credits for the prize drawings.

There will be 53 winners selected during each drawing: 1 will get a \$100 gift card, 2 will get \$50 gift card and 50 will get \$25 gift cards!

Health Screening & Health Assessment Program



A Health Screening & Health Assessment will be required each year to receive the premium discount starting with PY2013. The State will set up onsite health screenings at various locations throughout the state. If those locations or times are not convenient, you can request an at-home screening kit or obtain the necessary information during your annual Well-Man or Well-Woman

exam.

The results from the onsite screening and the at-home screening kits will be entered into the portal automatically. You will need to enter your blood pressure, height, weight and waist circumference for the at-home screening kit.

If you get the results from your doctor, you will need the follow-

ing information: total cholesterol, HDL, LDL, total cholesterol to HDL ratio, triglycerides, glucose, blood pressure, height, weight, BMI and waist circumference.

After you have finished the assessment online, the 10 credits will be posted to your account.

If you have any questions, contact Jo Boswell at 785-274-1391.

Group Long Term Care Insurance

On July 1, 2010, the State started offering Group Long Term Care (GLTC) insurance to its employees through Genworth Life Insurance Company. The program is a fully insured and direct billed by Genworth. If you leave state employment, you can take the coverage with you and it will remain in effect as long as you make the premium payments.

What is GLTC? It is designed to help reimburse the cost of the care you may need if you are chronically ill. That care consists

of everyday activities we often take for granted like eating, bathing or dressing. It doesn't provide income like long term disability does.

Regardless of age, anyone can be in a long term care situation. A broken bone, chronic disease, Alzheimer's, etc. could mean months (even years) of on-going care.

The premiums are based on your age and the options you choose. Many employees have found that the premiums are more affordable

then they expected. Remember an accident or a long-term care illness can happen at any time.

Who can apply? You are eligible for this program if you are an employee actively at work, a retiree under age 80, a family member (spouses, adult children, siblings, parents, grandparents, etc.).

There is no open enrollment period. To find out more information or to enroll contact your office manager or human resources, or go to: www.genworth.com/groupltc.

Military Leave of Absence Procedures

When you are getting ready to deploy for active duty, there are a few things that your human resource office needs - your orders, health insurance change form and Optional Group Life Insurance Continuation form, if applicable.

If you are covered under the State Health Plan, you will need to fill out an insurance change form to designate if you want to continue or stop your coverage while you

are on leave. If you continue your coverage, you will be responsible for paying the full premium with direct bill to keep it in effect.

When you return, you will need to fill out another change form to restart your coverage or change it back to payroll deduction.

If you are gone during October (Open Enrollment), you will need to fill out an enrollment form

when you return to select the coverage you want for the following year.

To qualify for the discount for PY2013, you will need to earn 20 credits if you return prior to March 1, 2012. You will only need to do the Health Screening & Health Assessment if you return on or after March 1, 2012 to get the discount.

Before you leave, we need your military orders, health insurance form and OGLI Continuation form, if applicable.

Recipe of the Month

Winter Crisp

Filling:

1/2 cup sugar

3 Tbsp all-purpose flour

1 tsp lemon peel, grated

3/4 tsp lemon juice

5 cups apples, unpeeled, sliced

1 cup cranberries

Topping:

2/3 cup rolled oats

1/3 cup brown sugar, packed

1/4 cup whole-wheat flour

2 tsp ground cinnamon

1 Tbsp soft margarine, melted

In a medium bowl, combine sugar, flour and lemon peel; mix well.

Add lemon juice, apples and cran-

berries; stir to mix. Spoon into a 6-cup baking dish. To prepare topping; in a small bowl combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling. Bake in a 375°F oven for approximately 40 - 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature. Makes 6 servings.

Working Towards a Better Tomorrow

State Employee Health Plan and HealthQuest have teamed up with Wellness Champions to assist employees in improving their health and well-being and to better manage health care costs. Through this newsletter, we will be announcing upcoming events, wellness programs, credit earning opportunities and approaching deadlines.

Jo Boswell has been selected as the Wellness Champion for the Adjutant General's Department. If you have any questions about the HealthQuest programs, please feel free to contact her.

Adjutant General's Dept
State Human Resources

2722 SW Topeka Blvd
Topeka, KS 66611

Jo Boswell: 785-274-1391

Marti Stadler: 785-274-1392

Leah Babcock: 785-274-1393

Stephanie Burdett: 785-274-1460

Fax: 785-274-1679

We're on the Web!

<http://>

**[www.kansastag.gov/
statehro_default.asp](http://www.kansastag.gov/statehro_default.asp)**

Deadlines

Open Enrollment is from
10/1/11 - 10/31/11.

Documents for dependents being added is 10/31/11.

To receive insurance documents, make sure your office manager and State Human Resources have your current address by 11/15/11.

To receive discount for PY2013, earn 20 credits by 7/31/12.

Suggested Activity

Stress Relief Program

With the holidays approaching, many employees feel an added stress in their lives. This program gives you the tools, support and advise you need to learn how to avoid some stress and to manage the daily stress.

It is a six-week program that can help you learn how stress affects your health. Each week you will be provided with specific, achievable goals and a To-Do List of action items to help you reach your goals.

This program is worth 5 credits.

[www.kansashealthquest.com/
portal/server.pt](http://www.kansashealthquest.com/portal/server.pt)